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**Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Boulevard
Beltsville, MD 20705**

U.S.D.A., NAL

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CATALOGING PREP

Food and Nutrition Information on ALF

What is ALF?

ALF (Agricultural Library Forum) is an electronic bulletin board produced by USDA's National Agricultural Library (NAL) in Beltsville, MD.

NAL's Food and Nutrition Information Center (FNIC) maintains a "conference" on ALF where you can find bulletins about FNIC, the FDA/USDA Food Labeling Education Information Center, and other Federal food and nutrition activities. FNIC publications can also be downloaded from the bulletin board.

Subjects covered by the Food Conference include: human nutrition, nutrition education, food service management, food technology, and food labeling education.

How can I get into ALF?

You can log in to ALF 24 hours per day, 7 days per week. ALF is free. The only cost to you is the telephone call. To use ALF, you need a computer, a modem, and communications software, such as **Crosstalk**, **ProCom**, and **Kermit**.

The telephone numbers are 301-504-6510, 301-504-5111, 301-504-5496, 301-504-5497. If you have a 9600 baud modem, you must use 301-504-6510 or 301-504-5111.

Software settings for your communications software are as follows: data bits - 8; stop bit - 1; parity - none; duplex - full.

The first time you use ALF, you will be asked a series of questions, including your password and your equipment specifications. Be sure to remember your password because you will need it to log on next time you want to use ALF. Regardless of the capabilities of your equipment, answer "no" or "none" to questions pertaining to the use of graphics, color or highlighting, or default file transfer format.



How do I reach the Food and Nutrition Conference?

When you log on to ALF, you start in the main bulletin board. You will see announcements about new messages, bulletins, and files on general agricultural topics.

To proceed directly to food and nutrition information, answer "no" to the questions by pressing [N]o until the main menu appears. Select the [J]oin Conferences command from the menu, which will display the first half of a list of conferences. Press the enter key to see the second half of the list. Type "food" to reach the welcome screen of the Food Conference. From the Food menu, select [B]ulletins and a list of the available information will be displayed as numbered bulletins.

You can: 1) view the information screen by screen or in a continuous fast scroll, 2) save the information onto your disk as you view by using your communications software capture or save feature, or 3) download bulletins to a floppy or hard disk.

How can I get Nutri-Topics and other FNIC publications?

The Food and Nutrition Information Center's publications, such as Nutri-Topics, Quick Bibliographies, Fact Sheets, and Recent Acquisitions lists may be downloaded to your floppy disk or hard drive.

For more information about downloading publications from ALF, select the bulletin in the food conference called "Downloading FNIC Publications," print the instructions for downloading from the "Help" command, or request a hard copy of the directions from FNIC.

How can I get more information?

To obtain a detailed user's guide for ALF: 1) E)nter a message or C)omment on the bulletin board for the sysop (systems operator) or 2) write to: National Agricultural Library, Public Services Division, Room 100, ATTN: ALF, 10301 Baltimore Blvd., Beltsville, MD 20705, or call the NAL at (301) 504-6510.

For more information on the Food Conference, contact FNIC, Room 304, 10301 Baltimore Blvd., Beltsville, MD 20705, (301) 504-5719, (fax) (301) 504-6409.